



Prime Time News

December 2016

Fitchburg Senior Center
Volume VI Issue 12

Look Ahead

Tax Q&A/ Funeral 101 P.2

Active Shooter/Travel P.2

Tech/Groups/Home 101 P.3

Art/Medicare Part D P.4

Book Club/Look Ahead P.5

Activities / Games P.6

New Exercise Dates P. 7

Payments / Friends P.9

 Find Us On Facebook

CLOSED

Dec. 23 & 26

Happy Holidays

Retiree Rebels

Writers, Creativity & Aging

Panel discussion

Tues. Dec. 6 at 1:30 p.m.

More info: www.retireerebels.com

Christmas w/ Elvis Tony Rocker



That's right, Tony Rocker is in the house Monday, December 19 at 1:00 p.m. for an Elvis Christmas!

Program held on the upper level.

Call 270-4290 by Fri. Dec. 16 for lunch at 12:00 p.m.

The Giving Tree

Many seniors are alone and without friends or family during the holidays. The purpose of the Giving Tree is to provide a gift for those seniors who might not otherwise receive gifts this holiday season. In the front lobby you will find our tree, with gift ideas available at the front desk. The process is easy! Pick a male/female ornament off the tree; give your name to the receptionist; purchase a gift for \$30 or less; wrap the gift; place ornament on gift and return to the Senior Center before December 19.



Holiday Wreath & Centerpiece Making Class

Join staff from Fitchburg Farms as we enjoy a wonderful afternoon of creating one-of-a-kind holiday decorations! Choose from an 18" wreath (\$25) or table setting (\$20). All supplies included. Class is December 7 at 1:30 p.m. Sign up by calling 270-4290. Payment and design choice due upon registering.

Please make checks out to the Fitchburg Senior Center.

New Offerings For You!

P.2



TAX Q&A

December 5 and 7 at 1:00 p.m.

Session I— Deductions, pensions, charitable donations, social security benefits, filing jointly vs. separately, and more.

Session II— Gifts, trusts, estate taxes, and more.

Discussion led by William Ferguson, retired CPA and Attorney. Bill is currently a member of SCORE and also does tax consulting for a firm in Madison.

Advanced sign-up recommended. FREE!
Please call 270-4290.



Medication Check-Up Program

Do you take three or more prescription, herbal, or over-the-counter medications? Do you ever feel dizzy? Have you fallen in the past year? Do you forget important dates or events? Do you go to more than one pharmacy to fill your medications?

A medication check-up assesses the risks of having medication problems. If a risk is found, the pharmacist will follow-up with your doctor and provide ideas to help.

Thad Schumacher, pharmacist from Hometown Pharmacy in Fitchburg, will be coming to the Fitchburg Senior Center for consultations through the Wisconsin Pharmacy Quality Collaborative. The date is Friday, December 16 from 9:00 a.m. to 4:00 p.m. Only eight slots available. Please call 270-4290 to schedule yours.

Ukulele Network

The Tuesday Uke Group continues to strum at 1:00 p.m.
For questions call Judy at 608-514-3274.

Surviving an Active Shooter

Being prepared

Unfortunately, active shooter events are in the news more often than they used to be. Have you ever thought about what you would do if someone started shooting around you? Please join us at the Fitchburg Senior Center on **Monday, December 12 at 11:00 a.m.** for a very informative presentation on how to increase your chances of survival. Deputy Josalyn Longley of the Dane County Sheriff's Office, and Sergeant Don Bomkamp of the Fitchburg Police Department, will be leading the discussion.



Extended Travel opportunities: Arizona Spring Training Getaway

Escape the March cold weather for six days in Arizona! The March 19-24 trip sponsored by Premier Travel includes:

- ◆ Two Spring Training Baseball Games
- ◆ Phoenix City Tour including the Hall of Fame Fire Museum
- ◆ Sightseeing in Tucson to include the Arizona-Sonora Desert Museum, Mission San Xavier del Bac and Tram Tour in the Sabino Canyon Recreational area.
- ◆ Heard Museum of Native American Culture
- ◆ Old West Farewell Dinner

Cost is only \$1,895 per person twin room; add \$600 for single room

Seats are available but reservations should be made soon!

The same is true for the spring trip "Heritage of America" sponsored by Collette and highlighted in the November newsletter.

Questions or information requests can be sent to Judy Broad at JBST@charter.net or by phone 271-9077.

Groups



Men's Group

Join us for our next meeting on
Tuesday, December 13 at 2:00 p.m.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Men's Group on the left side.



Active Women's Group

**No Meetings in November or
December 2016. See you next year!**

For more info log on to:
www.fitchburgseniorcenter.com
and click on Active Women's Group.

Dine Out

Couples Dinner Group

Dec. 20 we will be going to Benvenutos at 2949
Triverton Pike, Fitchburg. Any couple who
would like to join us should e-mail Bev Davis at
bevbdavis@aol.com or call 608-467-3990.

Tech W/ David



Cutting The Cable Cord— Home Visit

Are you stressing over your budget
and coming to the conclusion that cable TV is
something you could do without? If you have the
Charter bundle, you can eliminate cable and stick
with phone and internet. Worried trees and other
houses might be a reception problem for an anten-
na? Call David at 270-4292. These questions and
hands on help are services that are offered to you
for free. Save money, save time and most im-
portantly, discover a better way to watch TV.

Apple iPad—Encore Presentation!!

Friday, December 16 at 10:30 a.m.

Jeremy Crosby and staff from the City F.A.C.T.
Channel are back (AGAIN) with some great
new stuff to teach you about the Apple iPad.
This is a can't-miss class. If you don't have an
iPad, this class is a perfect start to see if it's
worth your money.

Please call 270-4290 to register for this FREE
but limited-space class.

projecthome
Serving Dane & Green County, WI

Project Home—Basic Household Plumbing

Project Home is coming to the Fitchburg Library
for a series of home maintenance classes! Attics,
Basements & Crawlspace will be the first in the
series on Monday, December 5 from
6:30—8:00 p.m.

Call Project Home to register. 246-3737



Community PC, LLC
remote & onsite service

A Full Service Shop in
Your Own Home!

PC - Mac - Android - Linux
Hardware - Software - Networking

We Specialize in Tech
Support for Seniors!

Ask Us About Printing Email Boxes
and Our SeniorPC™

Stop Yelling & Give Us a Shout®



608-268-7178

commpc.com

info@commpc.com

Art

Savings

Drawing & Painting Workshop



Relaxed, fun, supportive class setting where you will learn as you work with other artists. One-on-one instruction and support is given on technique and composition.

- Work on the project of your choice with your supplies.
- Work in a 2-D medium that is non-toxic and odorless. Examples are: pencil, colored pencil, oil pastel, and water-based paint like watercolor, gouache, or acrylic.

Dec. 6 and 13 from 1:00- 4:00 p.m.

Registration and payments to Fitchburg Senior Center. Call 270-4290 or stop by.

\$20.00 each.

Medicare Part D Open Enrollment

Open enrollment for 2017 Medicare Part D plans runs through December 7, 2016. This is the time when Medicare beneficiaries who are enrolled in Part D plans can review their plan to determine if it will still be the most cost-effective in 2017. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets. If you are single and your income is less than \$1,485 per month, and your assets are below \$13,640 you may qualify for Extra Help.

Extra Help.

For help with Medicare Part D and/or the Extra Help program, call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.

Cards With Katie

Join us for an afternoon of paper crafting on **Monday, December 12 at 1:00 p.m.** Stamp – cut – punch – glue – and have fun playing with paper. For more details go to www.StampLadyKatie.com or log on to the Senior Center webpage.

Cost \$11.50.

Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.



U.W. Nutrition
December 21 at 11:30 a.m. Learn about great tips and tricks about eating healthy!

2 EYEZ 4 PAWZ

Pet Sitting & Dog Walking Service

Tara Howard /Owner

608-279-3330

katz.dawgz54@gmail.com

www.2eyez4pawz.net



Find us on Facebook



SENIORS DIG TECH

Contact: David Hill (608)270-4292
david.hill@fitchburgwi.gov

Get the latest updates on tech trends that apply to you!
Missed one of David's tech classes? You can find it in full replay on this page!

Book Clubs



REACH Book Club

REACH Book Club will meet on Dec. 8 at 1:30 p.m at the Senior Center with a discussion of the book, *Gift from the Sea* by Anne Morrow Lindbergh, our classic for the year. After she married Charles Lindbergh in 1929, Anne became a celebrated figure along with her husband. After the much publicized kidnapping and death of their first baby, they eventually took up residence on the Connecticut coast where they raised five children. Anne's days were spent quietly writing and raising their children. This book begins with the author on a two-week vacation at the beach. The sea is chosen because Anne seeks to free herself from the demands of city life. While she deeply desires to maintain her role as wife, mother, artist and public figure, such a lifestyle begins to become all pervasive and takes a toll on the author's spirit. Woven into the narrative are themes of marriage, friendship, coming of age, individualism, and spiritual fulfillment.

Questions are available in David's office.

Upcoming selections are:

Jan. 12: *In the Lake of the Woods* by Tim O'Brien

Feb. 9: *Leaving Time* by Jodi Picoult

Mar. 9: *Station Eleven* by Emily St. John

REACH Book Club meets the 2nd Thursday of each month, September thru June at the Fitchburg Senior Center at 1:30 p.m.

Mystery Book Club

The I Love a Mystery Book Club will not meet in December due to the holidays. We will resume meeting on Thursday, January 26 at 1:30 p.m. at the Senior Center. We will discuss the book, *Crocodile on the Sand Bank* by Elizabeth Peters, an Amelia Peabody mystery.



Look Ahead

P.5



Stoughton Norwegian Dancers

The Fitchburg Senior Center is proud to welcome the Stoughton Norwegian Dancers on January 11 of 2017!, More details coming in next month's newsletter.



Thursday, January 12, 10:00 a.m.

"Downsizing The Easy Way"

Presenters Marianne Gariti of Moving Forward, Carrie Kirkpatrick from A Place For Mom, and Ruth Domack of First Weber.

2017 Day Trip Preview

Thursday, December 8 at 2:00 p.m.



Early Update On AARP Tax Help

Tax help this year will be 45-minute slots instead of 30 minutes. This is due to new software that our AARP Tax Help preparers will be using. What is important is that you MUST bring last year's returns with you to your appointment. Not doing so will eliminate you from getting your taxes completed. Sign-ups for tax help will be updated in the January 2017 newsletter.

Sprint Print

Promises Delivered... Since 1987

• Full Color & Spot Color Printing •
• Digital Color Output • Volume Copying •

2790 S. Fish Hatchery Road, Madison, WI
(608) 277-7500 • www.sprintprint.com

Call 608.274.4350 today to schedule
a tour and enjoy a complimentary lunch!



Avalon Assisted
Living Community
2879 Fish Hatchery Rd
Fitchburg, WI 53713
avaloncommunity.com



DISCOVER *the difference*

The Waterford at Fitchburg

5440 Caddis Bend
Fitchburg, WI 53711
t 608-270-9200 f 608-270-9222

waterfordatfitchburg.com

Games/Movies/Travel

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 2:00 p.m.

Ping Pong—Fri. 9:00 a.m.

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.



\$20 Blackout Bingo!! Dec. 8

**A special thanks to
Comfort Keepers for
paying out over \$300 for
bingo in 2016!!**

Game begins promptly at 12:30 p.m.



Comfort
Keepers

a sodexo brand



**REMAIN INDEPENDENT
IN THE PRIVACY &
COMFORT OF YOUR
OWN HOME**

COMFORTING SOLUTIONS FOR IN-HOME CARE™

Screened, Bonded & Insured • Light Housekeeping
24-hour Care Available • Transportation Services
Skilled Nursing • Bathing & All Personal Care
Respite Care • Homemaking Services • Live In Services

comfortkeepers.com/madison-wi

**DANE COUNTY
442-1898**

Each office independently
owned and operated.

Medical Insurance
Solutions
for Seniors

2935 S. Fish Hatchery Road, #107
Fitchburg, WI 53711

Phone: 608-662-8288
Fax: 866-838-7749

Diane Dillett, CLTC, LUTCF

diane@dillettcompany.com
www.dillettcompany.com

Learning Annex

Returns in February 2017!

Exercise Opportunities

P.7

Ping Pong Friday – 9:00 a.m. Drop-in.
Play in matches, it's fun!
Call David at 270-4292 for more details.



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.

Yoga W/ Kurt—Winter Session 1

Jan. 9, 23, 30 Feb. 6, 13 & 20

\$42—Six weeks

Level I 10:45 a.m.—12:00 p.m.

Level II: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.



Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$10 per month.



Free Indoor Walking

Every Tuesday & Thursday at 11:00 a.m.
(One hour)

Break Away Sports 5964 Executive Dr.

No walking 12/27&29

Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play
1:00-3:00 p.m. in the upper level.



Tai Chi Thursdays

8:30 a.m. Cost—\$2 drop-in.
Beginners welcome.



James Krogstad Insurance

Jim Krogstad LUTCF, CEBS
Owner

608-576-4125 Cell
608-274-7680 Home/Fax
jim77k@gmail.com

2838 Dover Circle
Fitchburg, WI 53711

Individual Life / Medical / Dental / Medicare Supplement / Part D

Car Concierge Auto Delivery

You fly, let me drive!

Vehicle Delivery Service in Continental U.S.

Specializing in Snowbirds

But will deliver anywhere in USA

608.692.8322 • Timdybevik77@gmail.com

www.carconciergeautodelivery.com

Bonded Dybevik Enterprises, LLC Insured



PHIL SVEUM

Housing Solutions on Your Terms



2920 Marketplace Drive, Suite 202
Fitchburg, WI 53719

608.338.4299
psveum@cbsuccess.com

www.cbsuccess.com

Transportation Services P.8

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service— This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail—

Home Health United. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide 2 towels.



Pre and Diabetic

Footcare

Dec. 16

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure

Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month
10:30-11:30 a.m.
No appt. needed.



Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for
dates/times

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290

Social Services

Senior Center Help

- ♦ Home visits
- ♦ Three Month Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
- ♦ Insurance
- ♦ Medicare/Part D
- ♦ Medicaid
- ♦ Call Amy Jordan or Sarah Folkers at 270-4290 today!

Chair Massage W/ Gary Kuzynski

1st & 3rd Wednesday mornings

15 minutes = \$11

30 minutes—\$22

Call 270-4290 to register.

Caregiver Support

If you are caring for a loved one with dementia, you are not alone.
Join us on Thursday, Dec. 8 at 10:00 a.m.



Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.



2017 Newsletters

will no longer be mailed out. If you would like a hard copy of the newsletter, please stop by the Senior Center. Also, you can obtain the newsletter by visiting our website:

[www.fitchburgwi.gov/621/
Senior-Center](http://www.fitchburgwi.gov/621/Senior-Center)



Thank you to all who attended the Fitchburg Common Council meeting on Tuesday, November 1, 2016, in support of the request for funding a needed half-time position at our front desk at the Senior Center. When the meeting adjourned after midnight, the results were in favor of our position, which will enable us to now have full-time permanent and consistent coverage at the desk which will better serve the Center. We thank all those who have volunteered their time to cover the desk in the absence of a permanent employee in the afternoon.

A thank you also is extended to all who have volunteered to sell leather goods to benefit funding special needs at our Senior Center. The sale continues.

Watch for signs.

Scholarship money in the amount of \$166.00 was spent to fund the activities of our Fitchburg participants during the month of October.



Leather Goods Sale

The FSCF is continuing the sale of some high quality leather goods at very reasonable prices. These were donated after the closure of a local leather goods store. The proceeds support the Special Needs of Fitchburg Seniors. Remaining items include men's wallets, women's handbags and much more. These could be great gifts for family and friends for Christmas and other special occasions. Sales will continue on various days in December. Please watch for signs with specific dates and times.

Fitchburg Senior Center
5510 East Lacy Road
Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov



Accredited by the Wisconsin
Association of Senior Centers

PRSR STD
U.S. POSTAGE PAID
Madison, WI
Permit 2295

Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Susan Hoerchner, Office Asst.
Katie McMullen—U.W. Intern.



WASC
Wisconsin Association of Senior Centers

Financial Solutions with a Smile and a Handshake

Rob Waterman, AAMS®

Financial Advisor
2990 Cahill Main
Suite 102
Fitchburg, WI 53711
608-271-5100

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC



Want to know your home's value? Call or e-mail

Ruth Domack, Realtor
608-444-6060
domackr@firstweber.com

A Fitchburg resident for over 35 years . . .



The human side of real estate.



**HOME TOWN
PHARMACY**

Our family caring for your family

"Where everybody knows your name"

Small Town Service - All Insurance Accepted - Medical Equipment

"I was blown away when Thad was waiting with my prescription and took the time to listen to my particular situation. That is service!" – Erik L.

Fitchburg Hometown Pharmacy
(Hatchery Hill Shopping Center, Fish Hatchery Rd.)
608-274-3784

CHRISTENSON JOHNSON^{LLC}
ATTORNEYS AT LAW

Your life . . . planning for what's next

Iris M. Christenson Mark T. Johnson

2997 Yarmouth Greenway Dr., Ste. 100
Fitchburg, WI 53711
608-273-8609 ♦ cjlawwi.com

Estate Planning and Administration
Elder Law and Special Needs Planning



DECEMBER 2016

Senior Dining



Fellowship, Food & Fun

Reservations must be made by 12:00 the day before by calling 270-4290

Thursday Salad Option

1st - Italian Tossed Salad

8th -Garden

15th - Chicken Ranch

22nd - Chef

29th - Taco

(Salads are dine-in only)

*Meal has pork product

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

			Thursday 1	Friday 2
			Sloppy Joe on Bun Peas & Carrots Tropical Fruit Salad Carnival Cookie V.O: Veggie Sloppy Joe	*Pork Cutlet w/Gravy Mashed Potato Oriental Blend Sliced Pears Bread/Butter Vanilla Pudding V.O: Baked Pot w/Veggie Cheese
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Swiss Burger on Bun Onion Slice & Tomato Slice Baked Beans Fruit Cup Brownies VO: Mediterranean Burger	Chicken-Ala-King Biscuit Brussel Sprout Apricots Sugar Cookie VO-Veggie Ala-King	*Ham Slice Saucy Sweet Potatoes California Blend Fresh Fruit Dinner Roll/Butter Cake VO: Veggie Burger	Pepper Steak w/Onions Brown Rice Broccoli W.W. Bread/Butter Fruit in Jell-O VO: Veggie Mix	*Meat Balls in Gravy ½ Baked Potato w/ Sour Cream Squash Pineapple Bread/Butter Chocolate Pudding VO-Veggie Meatball
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
*Open Face Hot Roast Pork Sandwich/Gravy Mashed Potatoes Garden Blend Orange Cookie Pkt. VO: Hummus Wrap	Beef Stew Biscuit Sliced Pear's Blueberry Pie VO: Vegetarian Stew	Spaghetti w/Meat Sauce Greens w/Dice Turnips Cinn. Applesauce Garlic Bread Jell-O Cake VO: Veggie Spaghetti Sauce	Hearty Bean Soup Chicken Salad w/Lettuce Tomato Juice Fruit Cocktail Cookie VO: Egg Salad Sandwich	*Buffet Ham Augratin Potatoes Glazed Baby Carrots Chunky Applesauce Dinner Roll Christmas Cookie VO-Augratin Potatoes w/Soy
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Salisbury Steak in Gravy Mashed Potatoes Broccoli Pear Half Dinner Roll/Butter Key Lime Tart VO-Veggie Noodle Cass.	Philly Cheese Sandwich Four Bean Salad Banana Pumpkin Bar VO: Veggie Wrap	Baked Chicken Potato Salad Spinach Apple Bread/Butter Ice Cream VO: Veggie Burger	Potato Crusted Fish on Bun w/Lettuce & Tartar Sauce Carrots Pea Salad Fresh Fruit Cookie V.O: Cheese Sub	 Closed
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
 Closed	*BBQ Ribs Sweet Potatoes w/Cinnamon Ham Flavored Greens Tropical Fruit Salad Corn Bread w/Butter Banana Cream Pie VO-Veggie Rib w/ Plain Greens	Chicken & Dumplings Carrots Fruit Salad Bread/Butter Sugar Cookie VO: Hummus Wrap	Vegetable Barley Soup Tuna Salad on Croissant w/Lettuce V-8 Juice Fruit Cup Peach Pie VO: Cheese on Croissant	Roasted Turkey Mashed Potatoes w/Gravy Tossed Salad Fresh Fruit W.W. Dinner Roll/Butter Brownies V.O: Veggie Burger

December 2016

Senior Center Activity Calendar

Monday		Tuesday		Wednesday		Thursday		Friday																																																																																										
<div>Nov 2016</div> <table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr></table>		M	T	W	T	F	S	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					<div>Jan 2017</div> <table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr></table>		M	T	W	T	F	S	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						1 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 10:00 AM Zumba 12:30 PM Bingo!! 1:00 PM Sheepshead		2 8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 2:00 PM Scrabble	
M	T	W	T	F	S	S																																																																																												
	1	2	3	4	5	6																																																																																												
7	8	9	10	11	12	13																																																																																												
14	15	16	17	18	19	20																																																																																												
21	22	23	24	25	26	27																																																																																												
28	29	30																																																																																																
M	T	W	T	F	S	S																																																																																												
						1																																																																																												
2	3	4	5	6	7	8																																																																																												
9	10	11	12	13	14	15																																																																																												
16	17	18	19	20	21	22																																																																																												
23	24	25	26	27	28	29																																																																																												
30	31																																																																																																	
5 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art 1:00 PM Tax Q & A		6 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Target 12:45 PM Euchre 1:00 PM Mahjong		7 8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers 1:00 PM Tax Q & A		8 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 10:00 AM Zumba 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club		9 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																										
12 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos		13 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Woodmans 10:00 AM Hookers 10:45 AM Library Shuttle 2:00 PM Men's Group		14 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko		15 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Zumba <u>10:30 AM Blood Pressure- walk in.</u> 12:30 PM Bingo!! 1:00 PM Sheepshead		16 8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 2:00 PM Scrabble Diabetic Footcare																																																																																										
19 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness <u>1:00 PM ELVIS - LIVE!!!</u> 1:00 PM Open Art		20 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-HyVee/Aldis 12:45 PM Euchre		21 8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers		22 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Zumba 12:30 PM Bingo!! 1:00 PM Sheepshead		23 CLOSED																																																																																										
26 CLOSED		27 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 10:00 AM Hookers <u>2:00 PM NO Women's Group Nov/Dec</u>		28 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko		29 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Zumba 12:30 PM Bingo!! 1:00 PM Sheepshead		30 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																										



Holiday Wreath & Centerpiece Class



With Fitchburg Farms

Make the holidays more special this year! Come and create your own unique 18" wreath (\$25) or center piece (\$20) with the staff of Fitchburg Farms. All supplies included!

Wednesday, December 7 at 1:30 p.m.

Call 270-4290 to register and pay.